

Name: _____

Physical Therapy Assistant

Directions:

Evaluate the student by entering the appropriate number to indicate the degree of competency. The rating for each task should reflect employability readiness rather than the grades given in class.

Student Rating Scale:

- 0 No Exposure** – no experience/knowledge in this area
- 1 Knowledge Received** – area is understood
- 2 Limited Skill** – has exposure, but additional training and supervision is required
- 3 Moderately Skilled** – limited training and supervision may be required, but progress is being made
- 4 Skilled** – no additional training is required; the competency has been mastered and knowledge can be transferred to other applications

0	1	2	3	4	A. Demonstrate professional interpersonal and communication skills	Notes:
					1. Determine the effectiveness of one's own communication in all settings	
					2. Modify communications to achieve the desired result in all settings	
					3. Use effective, appropriate, capable, and timely communication with the client, physical therapist (PT), healthcare delivery personnel, and others	
					4. Produce documentation that follows the guidelines and format required by law and the clinical setting	
					5. Listen actively and attentively	
					6. Use non-verbal communication that is consistent with the intended message	
					7. Demonstrate respectful and technically-correct verbal communication	
					Other:	

0	1	2	3	4	B. Identify and demonstrate client interaction and care based on individual and/or cultural differences	Notes:
					1. Deliver established care that reflects sensitivity to individual differences	
					2. Recognize stereotypes, biases, and prejudices	
					3. Address the needs of the client with respect to cultural and/or individual differences	
					Other:	

0	1	2	3	4	C. Describe and demonstrate professional behavior and ethics	Notes:
					1. Adhere to ethical and legal standards	
					2. Demonstrate an appropriate work ethic (e.g., punctuality, dress, dependability, initiative, and adaptability)	
					3. Engage in self-assessment and the setting of personal goals	
					4. Accept responsibility for one's own actions	
					5. Interact with others in a respectful manner	

					6. Demonstrate concern for the dignity and welfare of individuals	
					Other:	

0	1	2	3	4	D. Assess clinical problems and report findings to the PT	Notes:
					1. Identify the client status and performance in relation to the established goals and outcomes set by the PT	
					2. Utilize information from multiple data sources to weigh alternatives	
					3. Determine whether to adjust or suspend client intervention	
					4. Report all findings to the PT	
					Other:	

0	1	2	3	4	E. Deliver and identify the level of effectiveness of client/caregiver education	Notes:
					1. Educate others (e.g., client, family, caregiver, staff, student, and other healthcare providers) using relevant and effective teaching methods	
					2. Deliver an effective education presentation	
					3. Recognize responses to ensure that the client and/or caregiver understands the education	
					Other:	

0	1	2	3	4	F. Demonstrate Proper Data Collection	Notes:
					1. Obtain accurate information by performing selected data collection consistent with the plan of care	
					<i>Perform the following data collection skills that are essential for carrying out the plan of care</i>	
					<i>Measure, observe and monitor aerobic capacity and endurance</i>	
					2. Measure vital signs	
					3. Recognize and monitor responses to positional changes and activities	
					4. Observe and monitor thoracoabdominal movements and breathing patterns with activity	
					<i>Measure anthropometrical characteristics</i>	
					5. Measure height, weight, length, and girth	
					<i>Identify changes in client's state of arousal, mentation and cognition</i>	
					6. Recognize changes in the direction and magnitude of the clients state of arousal, mentation, and cognition	
					<i>Identify the client's ability to use assistive, adaptive, orthotic, protective, supportive and prosthetic devices safely</i>	
					7. Identify the ability of the client and/or caregiver to care for a device	
					8. Recognize changes in skin condition while using devices and equipment	

					9. Recognize safety factors when using a device	
					<i>Identify the client's abilities when engaged in gait, locomotion and balance</i>	
					10. Describe the safety, status, and progression of the client when engaged in gait, locomotion, balance, wheelchair management, and mobility	
					<i>Identify the client's integumentary condition</i>	
					11. Recognize absent of altered sensation	
					12. Recognize normal and abnormal integumentary changes	
					13. Recognize activities, positioning, and postures that can aggravate or relieve pain, alter sensations, or produce associated skin trauma	
					14. Recognize viable versus nonviable tissue	
					<i>Identify normal and abnormal joint integrity and motility</i>	
					15. Recognize normal and abnormal joint movement	
					<i>Identify and measure normal and abnormal muscle performance</i>	
					16. Measure muscle strength using manual muscle testing	
					17. Observe the presence or absence of muscle mass	
					18. Recognize normal and abnormal muscle length	
					19. Recognize changes in muscle tone	
					<i>Identify neuromotor abilities</i>	
					20. Recognize gross motor milestones	
					21. Recognize fine motor milestones	
					22. Recognize righting and equilibrium reactions	
					<i>Collect data on and identify activities associated with pain</i>	
					23. Administer standardized questionnaires, graphs, behavioral scales, or visual analog scales for pain	
					24. Recognize activities, positioning, and postures that can aggravate or relieve pain or alter sensations	
					<i>Describe and identify posture and alignment</i>	
					25. Describe resting posture in any position	
					26. Recognize the alignment of the trunk and extremities	
					<i>Measure client's range of motion</i>	
					27. Measure the functional range of motion	
					28. Measure the range of motion using a goniometer	
					<i>Identify client self-care and home management, and community or work reintegration as related to physical movement and mobility</i>	
					29. Inspect the physical environment	

					30. Measure the physical space	
					31. Recognize safety and barriers in the home, community, and work environment	
					32. Recognize the level of functional status	
					33. Administer standardized questionnaires to the client and others	
					<i>Identify client ventilation, respiration and circulation during physical movement and mobility activities</i>	
					34. Recognize cyanosis	
					35. Recognize activities that can aggravate or relieve edema, pain, dyspnea, or other symptoms	
					36. Describe chest wall expansion and excursion	
					37. Describe cough and sputum characteristics	
					Other:	

0	1	2	3	4	G. Describe the plan of care	Notes:
					1. Recognize the components of the plan of care established by the PT	
					2. Implement delegated interventions to achieve the goals and outcomes identified in the plan of care	
					3. Identify the need for modifications to the plan of care based on the clinical problem-solving process	
					4. Report the need for modifications to the plan of care to the PT based on data collection and client response	
					5. Progress the client within the established modified plan of care	
					Other:	

0	1	2	3	4	H. Perform intervention skills and client/caregiver education	Notes:
					1. Perform in a safe manner to minimize risk to the client, self, and others	
					2. Perform client interventions in a technically-competent manner	
					3. Recognize when interventions have been inappropriately delegated	
					4. Initiate intervention clarification and modification with the PT	
					5. Take appropriate action in an emergency in any practice setting	
					6. Provide client-related instruction to family members and caregivers to achieve the outcome in the plan of care	
					<i>Implement the following components of interventions identified in the plan of care that is established by the PT</i>	
					<i>Demonstrate physical movement and mobility-related function training as identified in the plan of care that is established by the PT</i>	
					7. Activities of daily living	
					8. Assistive / adaptive devices	

					9. Body mechanics	
					10. Developmental activities	
					11. Gait and locomotion training	
					12. Prosthetics and orthotics	
					13. Wheelchair management skills	
					<i>Use infection control procedures</i>	
					14. Isolation techniques	
					15. Sterile techniques	
					<i>Perform manual therapy techniques as identified in the plan of care that is established by the PT</i>	
					16. Passive range of motion	
					17. Therapeutic massage	
					<i>Demonstrate using physical agents and mechanical agents as identified in the plan of care that is established by the PT</i>	
					18. Athermal agents	
					19. Biofeedback	
					20. Compression therapies	
					21. Cryotherapy	
					22. Electrotherapeutic agents	
					23. Hydrotherapy	
					24. Superficial and deep thermal agents	
					25. Traction	
					<i>Conduct therapeutic exercise as identified in the plan of care that is established by the PT</i>	
					26. Aerobic conditioning	
					27. Balance and coordination training	
					28. Breathing exercises and coughing techniques	
					29. Conditioning and reconditioning	
					30. Posture awareness training	
					31. Range of motion exercises	
					32. Stretching exercises	
					33. Strengthening exercises	

					<i>Demonstrate wound management as identified in the plan of care that is established by the PT</i>	
					34. Apply and remove a dressing or agents	
					35. Identify the precautions for removing a dressing	
					Other:	

0	1	2	3	4	I. Measure and evaluate client outcomes	Notes:
					1. Participate in performance improvement activities and clinical outcome audits	
					2. Assist in determining the progress of a client toward the specific outcomes established in the plan of care	
					Other:	

0	1	2	3	4	J. Demonstrate coordinating the provision of care in a variety of PT settings	Notes:
					1. Provide service under the direction of the PT in primary, secondary, and tertiary settings	
					2. Manage resources to achieve goals in the practice setting (e.g., time, space, and equipment)	
					3. Coordinate with the PT and other service providers to facilitate efficient, effective client care	
					4. Function within the organizational structure of the practice setting	
					Other:	

0	1	2	3	4	K. Demonstrate administration skills	Notes:
					1. Utilize aides and other support personnel according to legal standards and ethical guidelines	
					2. Provide accurate and timely information for billing and reimbursement purposes	
					3. Participate in fiscal management	
					Other:	

0	1	2	3	4	L. Demonstrate social and professional responsibility	Notes:
					1. Demonstrate social responsibility, citizenship, and advocacy to include participation in community and service organizations and activities	
					2. Act as a client and consumer advocate	
					Other:	

0	1	2	3	4	M. Develop a career plan	Notes:
					1. Seek opportunities to learn	
					2. Implement a self-directed plan for career development and lifelong learning	
					3. Participate in career development based on self-assessment, personal appraisals, the work setting, and special interests	

					4. Assess career development on a periodic basis	
					Other:	

0	1	2	3	4	N. Demonstrate leadership competencies	Notes:
					1. Demonstrate an understanding of SkillsUSA-VICA, its structure, and activities	
					2. Demonstrate an understanding of one's personal values	
					3. Perform tasks related to effective personal management skills	
					4. Demonstrate interpersonal skills	
					5. Demonstrate etiquette and courtesy	
					6. Demonstrate effectiveness in oral and written communication	
					7. Develop and maintain a code of professional ethics	
					8. Maintain a good professional appearance	
					9. Perform basic tasks related to securing and terminating employees	
					10. Perform basic parliamentary procedures in a group meeting	
					Other:	

*****NOTE: These competencies are addressed in the Missouri SkillsUSA-VICA Curriculum Guide lessons***